Laurimar Primary School - Grade 5/6

Term 3 Portfolio Task

 

During grade 5/6 students area are working towards VELS level four standard in Physical Education and Health. Throughout the year students have not only been working on improving sport specific skills but also their decision making during match play. The Sports we have focused on have been Basketball, Rounders and European Handball. Below are the VELS focus areas we have been working on.

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| --- | --- | --- | --- | --- |
| VELS Focus **1** | VELS Focus **2** | VELS Focus **3** | VELS Focus **4** | VELS Focus **5** |
| Essential Skills | Movement & Locomotion | Game Sense Knowledge & Tactics | Instruction & Cooperation | Participation & Effort |
| Catch, throw, baseball strike, forehand strike | Dodge, leap, run, vertical jump, | Moving into space, passing into space, value without the ball, decision making umpiring | Works well in team situations & contributes to team ideas & strategies | Participates in periods of moderate to vigorous physical activity regularly. |

The attached video is a small snippet of your child participating in European Handball during Physical Education. Throughout the term we have continually discussed the importance of roles and positioning to be most effective during a match situation. Students are learning that there are different roles and responsibilities during sport and are realising the importance of having skills to be able to:

1. Position during the play to have the best opportunity to receive the ball
2. Moving into space to receive the ball
3. Calling out for the ball – ‘If you don’t call for it will anyone ever pass to you’
4. Encouraging team mates
5. Why it is so important to practice and train to see improvements in their sport

C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0299763.wmf Term 3 Reflection 

Please Answer the questions below and discuss with your child the importance of being part of a team :

What is the skill that I have most improved on this term during Physical Education in term 3?

Definitely my shooting in basketball.

Why have I improved that skill?

Well when we started, I didn’t know how so I practised at lunch with the girls and then that encouraged me to try harder at home as well.

What skill / sport do I want to improve on most in the future and how will I be able to achieve that goal?

I would like to practise on my hitting in rounders.

What has been my favourite PE / Sport activity I have participated in at Laurimar Primary School during term 3 2010 and why?

Definitely basketball!